P90X3™

EXTREME FITNESS ACCELERATED

NUTRITION GUIDE

Step #1 - Your Nutrition Quiz

1. WHAT'S YOUR GENDER	
FEMALE	ADD 1
MALE	ADD 2

2. WHAT'S YOUR WEIGHT?	
130 LBS. OR LESS	ADD 1
131-160 LBS.	ADD 2
161-180 LBS.	ADD 3
181-200 LBS.	ADD 4
201-220 LBS.	ADD 5
221 LBS. AND UP	ADD 6

3. WHAT'S YOUR ACTIVITY LEVEL (OUTSIDE OF X3)?	
SLACKER (desk job)	SUBTRACT 1
MODERATE (server in a restaurant)	ADD 0
HARDCORE (construction worker)	ADD 1

4. MODIFIERS	
WANT TO LOSE WEIGHT?	ADD 0
WANT TO MAINTAIN WEIGHT?	ADD 1
WANT TO ADD WEIGHT?	ADD 2

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Step #2 - Selecting a Calorie Plan

YOUR SCORE	CALORIE PLAN
2 OR LESS	PLAN A (1,500)
3	PLAN B (1,800)
4	PLAN C (2,100)
5	PLAN D (2,400)
6	PLAN E (2,700)
7 OR MORE	PLAN F (3,000)

Step #3 - Tracking Nutrition

PLAN A	Calories	Protein	Carbohydrates	Fat
	1,500	113g	150g	50g

PLAN B	Calories	Protein	Carbohydrates	Fat
	1,800	135g	180g	60g

PLAN C	Calories	Protein	Carbohydrates	Fat
	2,100	158g	210g	70g

PLAN D	Calories	Protein	Carbohydrates	Fat
	2,400	180g	240g	80g

PLAN E	Calories	Protein	Carbohydrates	Fat
	2,700	203g	270g	90g

PLAN F	Calories	Protein	Carbohydrates	Fat
	3,000	225g	300g	100g

Portions

PLAN A		PROTEIN	CARBS	FAT
	Breakfast	2	3	1
	AM Snack		1	1
	Lunch	1	3	1
	PM Snack	1	1	
	Dinner	1	2	2

PLAN B		PROTEIN	CARBS	FAT
	Breakfast	2	3	1
	AM Snack		2	2
	Lunch	1	3	1
	PM Snack	1	2	
	Dinner	2	2	2

PLAN C		PROTEIN	CARBS	FAT
	Breakfast	2	4	2
	AM Snack		2	1
	Lunch	2	3	2
	PM Snack	1	2	
	Dinner	2	3	2

PLAN D		PROTEIN	CARBS	FAT
	Breakfast	3	5	2
	AM Snack		2	2
	Lunch	2	4	2
	PM Snack	1	2	
	Dinner	2	3	2

PLAN E		PROTEIN	CARBS	FAT
	Breakfast	3	5	2
	AM Snack		3	2
	Lunch	2	4	3
	PM Snack	1	3	
	Dinner	3	3	2

PLAN F		PROTEIN	CARBS	FAT
	Breakfast	3	5	2
	AM Snack		3	2
	Lunch	3	5	3
	PM Snack	1	3	
	Dinner	3	4	3

Nutrition Simplified

Until now, you've probably looked at numbers to understand what to eat. You've used protein, fat, and carbohydrate percentages, calorie calculators and maximum and minimum deficits. These are all excellent tools when it comes to educating yourself on how food affects your body and your performance. But they can only go so far. In truth, your metabolism is relentlessly complex. If you really wanted to learn your exact daily calorie burn, you'd need to be hooked up to a machine 24/7 or you'd need to come up with a calculator featuring thousands of factors including age, race, heritage, upbringing, altitude, how much you've slept, how many steps you're going to walk, your mood, etc. Same with the food you put into your body.

A calorie calculator will tell you that an apple has 100 calories, but the honest truth is that it might be 87 calories, or 112, depending on volume, how long it ripened, and how much water it absorbed. P90X3 strips down the calculations to their minimum and replaces them with the tools used by intuitive eaters like Tony. His diet is designed to offer him maximum performances and it works on three tenets.

1.)Simplicity

Eating should be easy. If you love to cook, great, but if you're on the go, there's no reason you shouldn't be able to eat right and take care of business.

2.) Variety

This is the key tenet of all the the P90X3 workouts, and it extends to food as well: Having a wide range of foods in your diet assures that you get all the nutrients you need. It also makes eating delicious.

3.) Flexibility

There's no perfect diet for everyone-even your needs will shift as you change. It's important to change things up as needed. The P90X3 Nutrition Plan uses these three precepts to offer you a variety of food options, and maximum flexibility for your individual needs. Think of them as your New Nutritional Tools.

Whats New in the P90X3 Diet?

As if you have not already figured it out: Simplicity. There are three food lists: carbohydrates, protein, and fats. How do you make sure you're getting all the nutrition you need? Again, it's simple. There is a hierarchy within each list. The higher up the lists you eat, the healthier you eat.

Next, so a simple calculation to determine your meal plan. It may not be as exact as the Harris Benedict Equation, but it's still very accurate and, more importantly, flexible.

Finally, you'll notice that the plans lack macronutrient percentage information, Instead they focus on the quality and the volume of the fresh foods you'll be eating. This includes a diet packed with high-quality fresh fruits and veggies, raw nuts and seeds, whoe grains, and lean protein sources. Those foods, combined with your approximate calorie level, makes the magic happen. However, if it eases your mind, these plans are roughly **40% carbs, 30% proteins, and 30% fat.**

How the P90X3 Diet Plan Works

Tony doesn't use calculators. He doesn't tick portions off of a chart. He doesn't ponder what his caloric needs are.

What's Tony's Nutrition Plan?

It's amazingly simple, and it's what you're going to be shown in detail on this website. You get hungry. You put food in your mouth. You chew it up. You swallow it. You work out. You feel awesome. Simple as that.

When you get to a certain point in fitness, after years of eating clean, healthy foods and watching your body react to those foods, you become an "intuitive eater." Sure, you might experiment with different dietary systems, check in with a nutritionist occasionally, or try new foods that you read about, but your primary indicator, the thing that tells you what to eat when, and how much, is you You listen to your body and work from there. It's as though you literally ate a P90X3 Nutrition Guide and your digestive system absorbed the information.

So the goal with the P90X3 Nutrition Plan is to help you get to a place where your body just knows what you need and when you need it. You're going to learn to eat a clean, simple diet that will help you achieve your goals, whether it's a fitness, weight management, or general wellness.

What is Intuitive Eating?

"Intuitive Eating" is the ability to listen to your body's cues so that you make the right decisions nutritionally. Think of it as the healthy, fit cousin of "impulse eating." Cravings should be good things. An intuitive eater uses them to understand what's lacking in their diet, whether that's carbs, protein, fats, or even a micronutrient like iron or sodium. On the other hand, an impulse eater misreads these signals, eating for comfort rather than performance.

As an intuitive eater, you set those cravings straight. A lack of fat in your diet might trigger a craving for raw nuts or avocado. A lack of carbs might have you thinking of fresh fruit instead of soda.

Achieving this can take a little time and determination, but the P90X3 Nutrition Guide should make it much easier. Here's a little three-step cheat sheet to help you along the way.

Step 1

- Eat whole, healthy foods

Step 2

- Exercise often

Step 3

- Listen to your body unless it tells you to eat something unhealthy, then return to Step 1!

Water

Despite studies downplaying the importance of H2O, we highly recommend it. Just because you can survive on tea alone doesnt mean it's a good idea. While those studies are fine for John Q Publis, they don;t account for the massive resources an athlete burns through. You're sweating, your maintaining body temperature, you're building new muscle. You need water.

What's more, most people overeat because their thirsty, not hungry. We walk around in a state of constant dehydration. Water promotes satiety, so if you drink it before a meal, you're likely to eat less (up to 90 calories less, according to one study). And when you're drinking water, you're less likely to quench your thirst with other sugary drinks like soda or juice, which tend to make you want to drink more water.

The following water consumption guidelines relate specifically to your P90X3 workout.

X3 Hydration Schedule

- 8-12 oz of water 15 to 30 minutes prior to exercise
- 4-8 oz of water every 15 minutes during exercise

Beyond that, we recomment you drink your body weight, divided by 2, in ounces. So if you weight 172 pounds, that would be 86 ounces of water. Every day. this may sound like a lot, but you'd be amazed how quickly a day of consistent sipping can add up.

The BeachBody Water Bar

Mixers

- Flat Water
- Sparkling Water (make sure it has no calories)

Mix Ins

Choose any combination of min-ins from the lists below for a delicious water cocktail.

Fruits/ Veggies

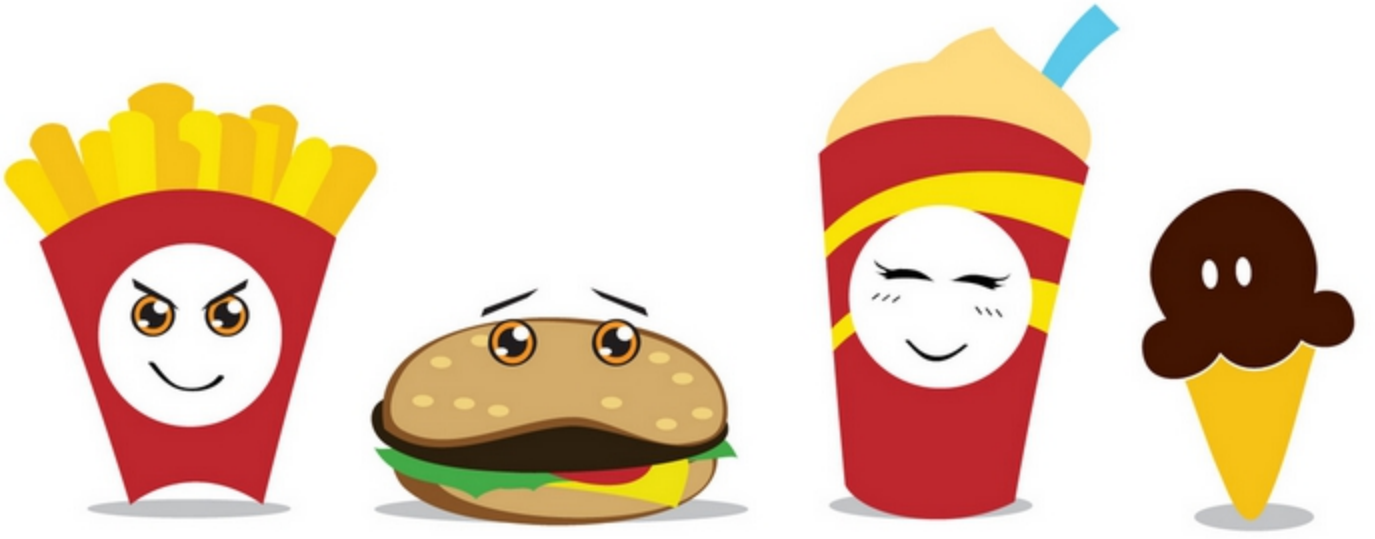
- Lemon Wedge
- Lime Wedge
- Orange Slice
- Strawberry Slices
- Kiwi Slices
- Cucumber Slices
- Frozen Grapes
- Watermelon Cubes
- Splash of fruit juice: Cranberry, Orange, Grapefruit

Herbs

- Mint Leaves
- Basil
- Grated Ginger
- Rosemary

Extras

- Crushed Ice
- Ice Cubes
- Raspberry Mint Ice (fill an ice cube tray with water, fresh raspberries, and mint leaves)



In the sports nutrition world, there's been a lot of talk about intermittent fasting and other deprivation=based eating strategies. If you want to experiment with this type of eating, go for it. We can discuss your results over lunch! Oh wait, you don't eat lunch! Or is it dinner?

Instead of treating your meal plan like a complex military strategy, keep it simple. have three square meals a day and augment those means with two healthy snacks to help make up for the nutrients you might miss. For example, if lunch was a little protein-heavy you can have some fruit for your afternoon snack to balance things out. This strategy keep your blood sugar stable instead of peaking and crashing, which can lead to overeating and a generally poor feeling.

Of course, it's a busy world, so sometimes those midday snacks might not be doable. If this is the case, three square meals a da wil work, but still try to get those snacks in there to keep you from showing up at meal feeling famished. That's partly what a snack is for- to spoil your appetite!

Timing

Try to finish eating eating approximately three hours before you hit the sack. Digestion interferes with your sleep cycles-and a good nights sleep is crucial to proper fitness. If you do need to break this rule, a small protein-based snack would be the snack of choice before bed. A least it'll help recovery during sleep.

As for nutrition timing around your workout, provided you're eating enough you should be able to blat through each 30 minute X3 workout without issue. Generally speaking, the human body has the glycogen stores and blood sugar to get through an hour workout, so you shouldn't need to "load" preworkout. And exercising on an empty stomach isideal anyway, becuase digestion competes for your body's resources. Blood flow is split between pumping through your muscles and around your stomach, so you do neither well.

Vices to Avoid

Caffeine and Alcohol

Should you drink them? In excess, they'll both kill you. But in moderation, studies have shown drinking one or two 4-ounces of wine a day has an assortment of benefits, from heart health to stress reduction to general longevity, and two or three 8 ounce cups of coffee a day can potentially increase your metabolism. boost performance, and help with mental faculty. And they both taste so good!

Ultimately, the choice is yours. While some alcoholic beverages have some long-term merits, they're still empty calories that aren't going to help your immediate results.

Caffeine, on the other hand, might help performance marginally, it's not the actual coffee that's problematic, it's the sugars and weird creamers you put in it. Drink your coffee black or with a splash of low fat milk. But keep in mind that these next 90 days with X3 are an opportunity to really clean up your act. So push yourself out of your comfort zone. you don;t really need coffee to function, do you?

Other Cheat Foods

In the real world, the occasional cheat meal helps keep you sane. Life is too short not to eat a little pie sometimes. The problem is that people have lost sight of what " a little" means. So to get back to clean, healthy basics for the next 90 days.

Toss The Junk

If you haven't done this yet, do it now. Place your garbage can in an open space, open up the cabinet and start throwing out the lawbreakers. Snacks with saturated and trans fats, sodium, and sugar should be the first to be thrown out (i.e. cookies, pastries, candy, processed meats, potato chips, soda, high-sodium frozen foods, caned soups, etc) It's junk fuel- empty calories-and you won't get anywhere powered by them. Throw them away, and don't let anyone give you more. Don't be nice, don't take a bite. Say:"Thanks, but I am not eating that kind of stuff anymore. Lead by example.

How do I Measure My Food?

Intuitive eaters can "eyeball" their servings. They look at their plate and know if it's enough or too much. Of course, it takes a little practice to get to the point, so here are a couple systems of measurement to get you started.

On the Food Lists, you'll find these two systems to the right of each food item. The first involves a number and a traditional unit of measurement (cup, ounce, etc). The second involves a part of your hand. They're designed to give you varying degrees of control. You can use one or the other or a combination of both. Here's how they work:

The P90X3 Micromanagement System

This is the system for you if you really, really want to know exactly how much you're eating. If you travel with a kitchen scale and use a calculator watch to give an exact 20% tip in restaurants, this is the system for you. It's the best system for hitting (roughly) exact caloric goals.

Also on this site, we've provided a list of exact calories as well as exact carbohydrate, fat, and protein grams for each of the food plans. You'll probably want to use that too.

The Way of The Hand

If you can't be bothered with all that measuring, this plan is a great way to take the pressure off with more of an educated guesstimate approach. The Way of The Hand uses, you guessed it, your hand to measure foods. Here's a great chart that provides a quick system of measurement.

You'll notice a "+" after some of these measurements on the Food Lists section. As great as this system is, there are a few items that didn't quite fit, so when you see that "+" just add a little bit more.

The chief criticism of this method is that everyone has different sized hands. This may be true, but bigger people also tend to have hands and generally bigger people can get away with slightly more calories, because, you know, they're bigger. But frankly, hand size doesn't mater all that much. Caloric differences due to hand size are minor and inconsequential considering the fact that the P90X3 Food Lists are packed with healthy foods, which are exactly the kinds of foods you want to get your hands on.

P90X3 Nutrition- What Should I Eat?

Ultimately, the answer to this is simple: healthy food. If that's all you want to know, ship over to the food lists here. But if you want to learn a little more about what you're putting in your mouth, read on.

Carbs, Fat and Protein

Carbohydrates

Your body's primary fuel source, carbs are also important to ushering other nutrients, including some vitamins and protein, into your system efficiently. Carbs also contain fiber, which you need to keep your digestive tract working and the flora in your intestines strong.

A lot of people mistakenly avoid carbs when what they need to avoid are refined carbs, including "white" breads, and rice as well as added sugars. Granted, there are times when an athlete can use these things as targeted nutrition, but most experts agree that their over consumption is the primary reason for the obesity epidemic, not to mention type 2 diabetes and heart issues. If you limit your carb intake to fresh fruits and veggies, whole grains, ans targeted supplemental nutrition such as Shakeology, you'll be good as gold.

Fat

Contrary to what many fad diets have told you, humans need to eat fat to survive. Among other things, it serbes as an energy source. It acts as a transport for fat-soluble nutrients such as vitamin A, D and K. It adds structure to cell membranes and acts as a regulator for several hormones. There's considerable debate over the benefits of saturated fat, but your best bet is to eat saturated fat in moderation and to look healthy, whole food sources such as coconut oil and free range, organic meats.

Protein

You are made, mostly of protein. Protein can be broken down into amino acids, which are your body's building blocks. eight of which you can't create internally, so you need to get them from food. Animal proteins contain these "essential amino acids," but you can also get all those amino acids from a few plants sources including soy, quinoa, and hemp, as well as a combination of legumes and grains. That's why beans and rice is a staple meal in so many cultures!

There are a lot of misconceptions about the role of protein. First thing you should know is that piling on protein isn't going to give you big muscles. Your body an only process so much protein into "building blocks" at a time. For most people, that's about .8 grams a day per kilogram of body weight. That number climbs for intense exercisers, so you're going to use 1 gram to 1.5 grams per kilogram of body weight.

Another misconception is that we, "pass" the excess protein we eat. This is not true. It's converted to glucose(fuel) which can either be used or it will be stored as fat.

How Foods Work With P90X3

The P90X3 Nutrition Plan breaks these three macro-nutrients down into three simple, hierarchical lists. Each list includes all the relevant foods in that category in order of how much you should eat.

The Carb List, for example, starts with green, leafy veggies like kale and spinach, then to other veggies, fruits, starchy veggies, whole grains, and finally processed whole-grain products such as bread and pasta. **The Fat List** starts with healthy, monounsaturated fats shown to promote heart health and longevity, and works its way down to cheese, which is a questionable food in many nutritional circles, but life's to short not to eat cheese sometimes, right? And **The Protein List** starts with lean sources or sources rich in essential fatty acids, working down to foods with more controversial fats in them.

Macronutrient Mix and Match

More astute readers may have noticed that the Protein food list is based on the facts in the foods. Confused? Don't worry, that's not a bad thing. As stated implicitly throughout the guide, very little is black and white when it comes to nutrition. While the three lists are named, "Carbohydrates," "Fat," and "Protein," that doesn't mean that the foods within are made 100% of those macronutirents. Most things you eat are a mishmash of all three, so P90x3 grouped them by their primary macronutrient. For example, avocados are, technically, a fruit, but they're also primarily made out of fat, so we put them in the Fat List.

This is another reason why your don't have to get too stressed out about hitting numbers. Quality is king with the P90X3 plan. Just fill your portions with these foods, steering towards the top of the top of the lists, and let the magic happen.

Don't Forget the Variety!

Of course, that doesn't mean you should eat nothing but kale, avocados, and anchovies. Firstly, your romantic life would vanish, unless you want to marry a cat. Secondly, as Tony likes to say, "Variety is the spice of life." Most of what you eat should be from the top of the lists, but everything on all the lists is good for you so mix it up a little. Variety assures that you'll get a wife variety of nutrients. It also assures that eating is fun, interesting, and delicious- and that'll keep you motivated to stay on course.